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NEWS
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SHARING.

'It's our turn to step up to the plate': Volunteer

Blue Dot pushing to make healthy environment a human right **PAGE 3**

Most Canadians agree with mission in Iraq

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Yes, Metro columnist argues — the McNeil government's proposed changes to tax system leave out too many key questions **PAGE 13**

MOOSE GIVE FANS SOMETHING TO CHEER ABOUT

HERD KNOCKS OFF MONCTON, NATIONALLY RANKED RIMOUSKI IN WEEKEND SWEEP AT SCOTIABANK CENTRE **PAGE 20**

Survey says: Learn to drive, would ya?

City Matters 2014. Respondents give Halifax drivers low grades for overall quality, place special focus on cellphone use



RUTH DAVENPORT
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Halifax drivers need to put their phones down and pay attention behind the wheel.

Most respondents to the annual City Matters survey, conducted for Metro Halifax and the Greater Halifax Partnership by MQO Research, said the overall quality of driving in Halifax is either fair or poor.

Just 30 per cent said it was excellent or good.

"I tend to take the 'fair' in with poor rather than good and excellent.... So this is not a great endorsement," said MQO vice-president of research Craig Wight.

Asked to rank the severity of specific problem behaviours, respondents overwhelmingly gave top marks to talking or texting on cellphones.

Texting received a mean score of 8.4 out of 10 and talking received 8.3, well ahead of excessive speeding, drinking and driving, or failing to yield to pedestrians.

Local police officers say the results reflect their experiences. Although distracted driving has always been an issue, Const. Mark Skinner of Nova Scotia RCMP traffic services said cellphones are especially problematic.

"There's so many other things that can distract us in a vehicle and not just a cellphone," he said. "I think it's just that we're seeing the proliferation of cellphones today, and as such, that tends to be an issue."

Skinner said the Mounties use both enforcement and education in targeted operations to try to reduce dangerous driving practices.

However, the head of the Halifax Regional Police and RCMP integrated traffic unit said, so far, nothing has worked to curb talking and texting behind the wheel.

Const. Steve Calder said officers were shocked by the number of people nabbed during a recent checkpoint

on the Bedford Highway.

"We had, I believe, five cars to pull people over and we weren't able to keep up," he said.

HRP officers have handed out more than 1,800 tickets so far this year, more than the 1,781 issued in 2013.

Calder said he's hopeful that tough new penalties — an increased fine and four demerit points — taking effect Feb. 1 will finally convince drivers to put the phone down.

"Once their insurance company gets the abstract and sees ... the four demerit points are there, that is an opportunity for the insurance company to raise their rates," he said. "So the fine may be going from \$176 to \$240, but ... their insurance is going to take a bigger hit."

A total of 500 adults were surveyed online for City Matters from Nov. 7 to 14.

What's inside

Transit drivers fared considerably better in the City Matters survey. See coverage, page 4.



Rush-hour traffic on the Bedford Highway is seen in this 25-second-long exposure photo last week.

JEFF HARPER/METRO



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Enfield

Man dead, driver facing charges following crash

The driver of a car that crashed leaving a 21-year-old passenger dead is facing charges of impaired driving causing death.

Police and firefighters were called to a single-vehicle accident on Renfrew Road in Enfield around 10:30 p.m. Friday.

Halifax District RCMP said the vehicle left the roadway, flipped on its side and ended up in the ditch.

Police say the 21-year-old passenger died at the scene after life-saving efforts by police and paramedics.

"It's a very sad situation," Cpl. Greg Church said Sunday.

The 22-year-old driver wasn't injured, and police say they believe he had been drinking. He was arrested for impaired driving causing death and was released from police custody on Sunday.

Besides impaired driving causing death, he's also charged with refusing a breathalyzer test. He is due to be arraigned in Shubenacadie provincial court on Feb. 2.

Church said the vehicle was seized to determine if a mechanical issue may have played a part in the accident, but police are still investigating.

"These things take a while," Church said. "You have to put everything together at the end so you can come up with a very accurate cause."

HALEY RYAN/METRO



Volunteers work on a mural at the Dalhousie Ocean Sciences Building during the Halifax Blue Dot Kickoff on Sunday. JEFF HARPER/METRO

Put environment in Charter: Group

'Game changer'
Local Blue Dot chapter calls on city to make healthy environment a human right



HALEY RYAN
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Emi Belliveau knelt beside a mural, dipping her brush into paint alongside others as they swirled colour onto the figure of a human made of water, trees and wind, holding up the stars.

More than 100 people came to the Halifax Blue Dot kickoff event at Dalhousie's Ocean Sciences Building Sunday for speeches, creating art, and to spread the word about

Quoted

"We really feel that ... it's our turn to step up to the plate." Ann Bannon

having a healthy environment recognized as a human right in Canada.

"Having rights to protect us constitutionally I think is huge. It would be a game changer," said Belliveau, a Blue Dot Halifax volunteer.

The Blue Dot movement began with David Suzuki and focuses on the power of individuals getting together to ask communities to recognize a healthy environment as a human right. They would then hopefully push provinces to do the same, eventually leading to it becoming a part of the Canadian Charter of Rights

and Freedoms.

Ann Bannon, Blue Dot volunteer, said a main issue is there's not enough legal power to challenge companies that damage the environment.

"Those ... people that would end up creating toxic hot spots would be the ones required to clean up, as opposed to taxpayers," she said.

The local Blue Dot chapter would like to have the HRM charter changed by Earth Day on April 22, 2015, and is encouraging everyone to sign the official Blue Dot petition.

Organizer Kate MacEachern said while some Nova Scotians

may feel like we have plenty of fresh water and clean air, more than 1,000 communities across the country see water contamination warnings on any given day.

"Our water is not protected in Canada, so they can dump anywhere they want, which is a concern," MacEachern said. "What goes in our water goes in our air."

Safe food is part of a healthy environment, and means clean soil and being able to use non-genetically modified seeds and have vegetables grown without pesticides, Bannon and MacEachern said.

MacEachern said more than 110 countries around the world recognize a healthy environment as a human right, including much of mainland Europe, Africa and South America.

11 NEWS



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Here's a change: Love for bus drivers

2014 City Matters: Survey suggests transit drivers are doing pretty well at navigating Halifax's narrow, crooked streets. A total of 500 people were interviewed for City Matters online between Nov. 7 and 14.

RUTH DAVENPORT
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CITY MATTERS

- This is the first in a five-part series about hearing what you, the people of Halifax, have to say on issues.
- On Tuesday we look at support for our mayor and council, and city services.
- Tweet your views using the hashtag #citymattersHalifax.
- More online at metronews.ca.

The head of the union local representing transit drivers in Halifax says he's pleasantly surprised by the grades received on the 2014 City Matters survey.

"They were more positive than I expected," said ATU Local 508 president Ken Wilson. "It always seems like we're a very easy target, for lack of a better word."

More than half of survey respondents described the overall quality of transit drivers as excellent or good, and 39 per cent responded with fair or poor. The results are almost a perfect reversal of the results given to drivers in general.

"We do this for a living. We're behind the wheel eight, 10, 12 hours a day," said Wilson, noting that Halifax bus drivers must contend with more narrow streets and sharper turns than in some other Canadian cities. "Driving these smaller streets and the tighter downtown core ... we do a great job negotiating traffic through both rush hours and every weather event that we have."

When survey respondents ranked specific bad driving behaviours on a scale of one to 10 — where a score of eight and higher indicated a "serious problem" — fewer than 20 per cent of respondents felt issues



Halifax Transit drivers scored well for their ability behind the wheel, according to the City Matters survey. JEFF HARPER/METRO

Training

Halifax Transit drivers undergo a seven-week training course, which includes six weeks of classroom work followed by a week of mentoring by an

experienced driver.

- In other Canadian cities, like Toronto, the training can take as little as two weeks.

such as speeding or tailgating were serious.

"I think it's not unusual to get 10, 15 per cent in almost anything that comes to the negative side," said MQO vice-president of research Craig Wight. "I kind of expect a number like that."

The only exception was "cutting off other vehicles," which 37 per cent of respondents

felt was a serious problem.

Wilson attributed that to a lack of understanding about the rule giving buses the right of way when pulling away from the curb, and said local governments could do more to improve the general public's awareness.

"I've asked countless times for ... some kind of campaign similar to what the Depart-

Transit drivers

56%

The percentage of survey respondents who said the quality of transit drivers in Halifax is excellent or good.

Drivers in general

30%

The percentage of survey respondents who said the quality of drivers in general in Halifax is excellent or good.

Quoted

"An average bus driver has ... five mirrors to look at every three to five seconds, then you've got to worry about the people on your bus standing up and moving around and you're thinking about traffic at the same time, and you do this as easily as taking a breath."

ATU Local 508 president Ken Wilson

heavy piece of equipment.... It's the same as a bus."

Sharing the road ... sort of

Survey respondents divided on bike licences

A local councillor who angered members of the cycling community by raising the prospect of licensing cyclists appears to have some support.

Forty-three per cent of respondents to the City Matters survey said cyclists in Halifax should be required to have a licence to ride their bicycles. Just over half said no, and six per cent didn't know.

Dartmouth councillor Gloria McCluskey tabled a notice of motion on Nov. 18 to seek a staff report into licensing cyclists who are over 18 years of age.

McCluskey told Metro Halifax she's received complaints from residents angry that there's no way of holding "reckless" cyclists accountable for bad riding behaviour.

Representatives of the Halifax Cycling Coalition didn't respond to requests for comment on the City Matters survey results, but called McCluskey's suggestion "misguided" in an earlier interview.

A city staff report published in 2009 recommended against licensing, citing a discussion in 2005 on the same subject: "Costs associated with fees, plates, education and logistics may discourage cycling, which is contrary to the Active Transportation Plan."

Texting

8.4

Texting behind the wheel is seen as the most serious problem on Halifax roads today. Halifax police issued almost 1,800 tickets for using a cellphone while driving last year and have handed out more than 1,800 so far this year. The current fine is \$176 but will rise to \$240, with four demerit points, as of Feb. 1.



Speeding

6.7

Although it remains one of the most common contributing factors to serious accidents, survey respondents saw this as less of a problem than cellphone use or impaired driving. Halifax police have issued 4,491 speeding tickets so far this year, a drop of 30 per cent from the year before.



Pedestrians

7.3

As Halifax grapples with the problem of persistent pedestrian-car collisions — many of them in crosswalks — it's no surprise that survey respondents gave "failing to yield to pedestrians or buses" the second-highest score among driving issues currently plaguing the city. Nearly 170 collisions were reported in Halifax from January to October.



Drinking

6.7

Along with speeding, drinking and driving takes a backseat to cellphone use and pedestrian problems in the survey rankings of serious problems on Halifax's roads. Police have issued 553 tickets for impaired driving so far this year and, with the busy holiday season just ahead, will likely exceed last year's total of 571.



Tailgating

6.7

Tailgating rounds out the top five most serious problems plaguing Halifax drivers, according to City Matters respondents. Although it's a constant aggravation for any daily bridge users, tailgating doesn't generate a lot of tickets — just 50 so far this year, a whopping 78 per cent increase over 28 in 2013.



Ottawa announces \$200M for military mental health programs

Vets. Three-day security conference in Halifax wraps up with funding news

The federal government has announced \$200 million over six years to support mental health needs of military members, veterans and their families.

The Department of National Defence and the Canadian Armed Forces also announced Sunday that an additional \$16.7 million in ongoing funds will be available to support forces members, veterans and their families.

Veterans Affairs Minister Julian Fantino told a news conference in Halifax on the final day of the Halifax International Security Forum that some of the money will fund digitizing of health records for all serving personnel, investing in



Defence Minister Rob Nicholson addresses the opening session at the Halifax International Security Forum on Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

brain-imaging technology and extending access to Military Family Resource Centres.

"We will continue to focus

on reducing the administration burden on veterans and their families while improving frontline services and medical

support," he said at HMC Dockyard.

Also announced Sunday was the construction of a new

operational stress injury clinic, slated to open in Halifax in the fall of 2015.

"The clinic will bring high-

Budget money

The funding announcement for mental health comes just days after veterans learned that the federal department responsible for their care and benefits was unable to spend upwards of \$1.1 billion of its budget over seven years.

- Like other departments unable to spend their appropriation within the budget year, Veterans Affairs was required to return its unspent funds to the treasury.

quality specialized mental health services and support to veterans in the Halifax area," said Fantino. "We believe the new clinic will help over 1,200 veterans ... over a six-year period." **THE CANADIAN PRESS**

'We want Canada to be a factor for peace'

A cheer came up from the crowd as the statue of Edward Cornwallis was covered in a sheet.

"Three cheers for the people who covered up this abomination!" yelled Allan Bezanson, one of the organizers of No Harbour For War, the group behind Saturday's protest against the Halifax International Security Forum.

Cornwallis Park — or, as Bezanson likes to call it, Halifax Peace and Freedom Park — was alive with the sound of drums and protesters bearing signs, all in opposition to the conference across the street at the Westin Nova Scotian.

"You can't prepare for peace if you're always preparing for war," said Marrie Berkelaar, who had come from Lunenburg to attend the protest march.

Forum attendees — who this year include U.S. Sen. John McCain and former Israeli prime minister Ehud Barak — will be discussing issues of war, peace and international politics.

"Halifax International Security Forum is a forum and a network for thoughtful and



A statue of Edward Cornwallis is covered during Saturday's protest.

BRAEDON CLARK/FOR METRO

engaged decision-makers from governments, militaries, business, academia and the media to work together to meet emerging threats in a changing world," reads the forum's website.

Berkelaar, Bezanson and others at the protest argue that the International Security Forum is a trade show for warmongers and greedy executives who want to line their pockets and interfere in the internal affairs of other

countries.

Isaac Saney, also of No Harbour For War, sees the forum as a proxy for war and a sign that Canada is straying from its history as a peaceful nation.

"We want Canada to be a factor for peace," he said, only a few hundred feet from security designed to keep the protesters away from the hotel. "The Harper government is a war government."

BRAEDON CLARK/FOR METRO



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Halifax's Christmas tree looking its best just after its lighting on Saturday evening before a large crowd at Grand Parade. BRAEDON CLARK/FOR METRO

Light up the town

Holiday tradition.

Hundreds brave the cold for Santa, music, dancing and the lighting of the city's Christmas tree

A large crowd braved the cold winds of late November to gather at Grand Parade in Halifax on Saturday for the lighting of the city's Christmas tree.

Before the big lighting, which took place at 7 p.m. and featured a fireworks display, there was music, dancing and even an appearance from Santa Claus himself, who drew screams of joy from the hundreds of children in attendance.

"Look, there he is!" one father said while his daughter sat on his shoulders.

"Santa!" she screamed as he strode on stage.

Musical performances came from the Big Fish band, which played plenty of Christmas classics, including Jingle Bells and Santa Claus Is Coming to Town.

Many people, young and old alike, were singing along to the songs and dancing — perhaps to stay warm as much as anything else.

"We always make a point to come out for the Christmas tree lighting," said Mark Fisher, who brought his wife and two kids.

"For us, this is one of the highlights of the season and always gets us into the

Quoted

"For us this is one of the highlights of the season and always gets us into the Christmas spirit."

Halifax resident Mark Fisher, talking about how important the Christmas tree lighting is to him and his family and why they attend the lighting each year.

Christmas spirit."

The tree itself was visible from almost anywhere, so people watching from the nearby World Trade & Convention Centre or those who showed up early to get front row seats got an equally good view of the bright lights and massive star atop the tree.

"It's beautiful, isn't it?" a woman asked her son as he alternated between staring up at the tree and asking where Santa had gone.

Beautiful, yes. And a reminder that the Christmas season is truly and fully upon us.

BRAEDON CLARK/FOR METRO

Spirit of the season

Parade of holiday cheer

Haligonians are certainly getting into the holiday spirit. Last weekend, tens of thousands also came to downtown Halifax for the Holiday Parade of Lights parade.

Potatoes. Yarmouth store home to latest needle find

Another needle has been found in a potato in Atlantic Canada. This time the tampered spud was located in a Yarmouth County store.

On Thursday, Yarmouth County RCMP were called to the Co-op Store in Lower West Pubnico where the store manager turned over a russet potato a customer had just returned, which had a needle inside it.

It was determined the potato was purchased from a company in Prince Edward Island.

Further investigation revealed the potatoes were sold in 10-lb. paper bags and were brand-named Market Town.

They had been placed out in the store for sale on Oct. 2 for four hours. Store staff members were notified by the company that the item was being recalled.

The potatoes were pulled from the shelves immediately; however, 62 bags of potatoes had already been sold in a four-hour period.

No one was injured during this incident and this is the only incident of this type reported to police in this area thus far.

This is the eighth P.E.I. potato found to contain a needle since the investigation began Oct. 2. So far, no one has been injured as a result of these food tampering incidents.

The RCMP Major Crime Unit, Forensic Identification Unit and members of the East Prince RCMP Detachment are continuing the investigation.

YARMOUTH VANGUARD



This needle is of the more recent ones found inside local potatoes. YARMOUTH VANGUARD

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Store robbery

Cigarette thief's heist snuffed out

A man made off with some cigarettes after robbing a Needs convenience store in Dartmouth.

The robbery occurred just after 1 a.m. Friday at a store on Prince Albert Road.

The store clerk was threatened with a knife and the suspect demanded cigarettes and cash, only getting the cigarettes. The clerk wasn't injured.

A suspect was later arrested. **METRO**

Windsor

Man accused of hitting RCMP officer back in custody

The young man who stands accused of running over a Mountie with his truck earlier this fall has been remanded back into custody until December.

Cody Prudhomme, 19, appeared in Windsor provincial court Friday after breaching the conditions of his release.

Prudhomme, who was initially charged in September with assault with a weapon, failing to stop for the police,

resisting arrest and dangerous driving, was arrested Oct. 30 by Halifax District RCMP for uttering threats.

The charge violated the release condition to keep the peace and be of good behaviour. He is slated to return to court on Dec. 2.

Prudhomme has been accused of backing his truck over RCMP officer Steve Pinksen during a traffic stop on Wentworth Road Sept. 20 and then leaving the scene.

When RCMP officers tried to stop his vehicle, it's alleged a chase ensued and the truck crashed near Upper Rawdon on Highway 254.

HANTS JOURNAL

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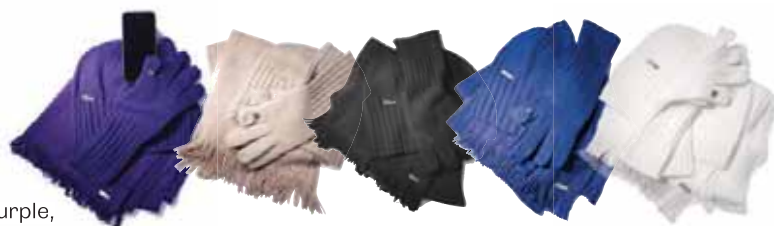
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Accused paramedic admitted to having sex with senior, court hears

Kentville. James Keats claims he had consensual sex with elderly patient

Note to readers: This story contains details of graphic testimony some readers might find offensive.

A suspended Kentville paramedic accused of sexually assaulting a senior citizen opened up to police officers during a videotaped interrogation, claiming the woman made the first move.

James Duncan Keats, who is on trial for allegedly sexually assaulting a Mount Uniacke woman on two occasions — once in her home and once in the back of an ambulance — admitted to police on May 31, 2013, that he had sexual relations with her.

For the majority of the eight hours of video footage shown Friday capturing Keats' state-

ments to police following his arrest in May 2013, Keats insisted he "did nothing wrong" while tending to a 71-year-old woman in her bedroom the day paramedics were called to her home to help her husband after a fall.

The video is part of a voir dire and judge Claudine MacDonald has not yet decided whether it is admissible as evidence.

Initially, Keats told the cops he held the woman's hand and hugged her upon noting that she seemed to be overwhelmed with life problems.

About 90 minutes following the initial interrogation, Keats asked to speak to the police to give his side of the story.

The portion of the interrogation video shown in Windsor provincial court revealed a much different side of the story than what Keats had initially said.

Keats said the woman wanted to lie down, so he followed

Trial continues

The voir dire hearing will continue Dec. 9 at 10 a.m.

her upstairs to check her vitals.

In the bedroom, Keats said the woman started lamenting about how hard life was, they "commiserated," and he noticed she was having trouble breathing. Keats said he checked her vitals, and told her that she had "beautiful breasts" for her age during the exam.

Then, Keats said, things escalated from there.

"She touched my groin," he said. "I was kinda stunned."

He said the woman asked if she "could see it" because she hadn't been intimate in a long time. He noted he also hadn't had sexual relations in a while.

Keats said the woman, who cannot be named due to a publication ban, stroked his penis



James Keats arrives at Windsor provincial court in September for the start of his trial. HANTS JOURNAL

until he ejaculated while she fondled herself.

He told the police that he was "not some sick predator."

The cop in the video encouraged Keats to provide more details, asking questions about his ejaculate and his genitals.

The police officer continued asking questions, and said a sexual assault kit was conducted. He said the woman suffered some trauma to her vaginal region and asked Keats several times if he penetrated her.

"My penis is not overly large," said Keats, noting he didn't feel it could cause trauma to the woman's vagina.

Keats said he was "truly sorry" that he "wasn't strong enough to walk away from that lady." HANTS JOURNAL

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The Central Nova Correctional Facility in Burnside, where the inmate was being held. METRO FILE

'No excuses' for prisoner release

Impersonation?

Justice minister vows discipline after wrong inmate leaves custody

Staff at a Dartmouth jail will be disciplined after a man facing charges including attempted murder was mistakenly released from custody earlier this month, Nova Scotia's justice minister said Friday.

Lena Metlege Diab said policies and procedures were not followed when Eliahs Knudsen Kent was discharged from the Central Nova Scotia Correctional Facility.

"This is a case where mistakes were clearly made and

there are no excuses," Metlege Diab said in a news release. "It's unacceptable, and we need to make sure it doesn't happen again."

The release said unspecified "corrective action" was being taken with all frontline and supervisory staff.

Kent was being held on remand and awaiting trial for charges including home invasion and robbery when he was released Nov. 7. He spent more than 28 hours on the lam before he was found in the Spryfield area and arrested after a short foot chase.

The Justice Department said an internal review found jail staff did not verify the man's identity through photographs, signatures or an ID bracelet be-



Eliahs Knudsen Kent CONTRIBUTED

fore he was released.

Halifax Regional Police have also laid charges against Kent and another inmate, alleging one impersonated the other in order to obtain release. Gregory Sheldon Spears, 30, has been charged with permitting escape and breach of recognizance. THE CANADIAN PRESS

Drugs. Pharmacy worker threatened with needle

Three men were arrested in Shubenacadie on Saturday in connection with the armed robbery of a drug store.

East Hants District RCMP and nearby detachments responded after an armed man entered the Shubenacadie Guardian Pharmacy just before 6 p.m.

RCMP say the suspect threatened an employee with a hypodermic needle and demanded prescription medication before leaving with a small amount of

Appeal

Anyone with information is asked to call the East Hants District RCMP or Crime Stoppers.

drugs.

No one was injured during the incident.

Shortly after the robbery, RCMP officers arrested three men. The investigation is continuing.

METRO

Lobster advertising levy delayed further

A promise from the three Maritime provinces to have a levy in place before the end of the year to support a marketing strategy for the region's \$1-billion lobster industry is facing more delays.

The levy, first proposed in a report just over a year ago, would see lobster fishermen and the onshore side of the industry (such as processors) each pay one cent per pound of lobster caught to cover the cost of advertising campaigns and other strategies to promote their product, which has been plagued by slumping prices in recent years.

The fisheries ministers from Nova Scotia, New Brunswick and P.E.I. had promised in March to start collecting the levy before the end of the year, but they now say that won't happen until each province introduces legislation this spring.

The levy would cost the industry about \$2.5 million annually, the Maritime lobster panel report said.

Between 2003 and 2013, lobster landings in the Atlantic region jumped by 51 per cent to nearly 74,000 tonnes. However, the landed commercial value of the catch rose only 2.2 per cent to \$680 million as prices dropped amid a glut of product.

Big catch

This week, more than 900 licensed fishing vessels will be eligible to set traps off southwest Nova Scotia, a lucrative fishing area that accounts for 40 per cent of the country's total catch.

Fishermen working in the Gulf of St. Lawrence and along Nova Scotia's eastern shore reported large catches this spring and fall, but with shore prices hovering around \$4 per pound they say it was tough to turn a profit.

Still, prices have been better than last year, when some

fishermen tied up their boats for days and refused to empty their traps as prices dropped to \$3 a pound in some areas.

While P.E.I. has made the most progress on implementing the levy, New Brunswick's efforts were interrupted by a provincial election in September that saw the Liberals defeat the governing Progressive Conservatives.

As for Nova Scotia, it has faced challenges in communicating its intentions to the fiercely independent lobster fishermen in the province's southwest coast and along the Bay of Fundy shoreline.

"We're a little bit behind," says Nova Scotia Fisheries Minister Keith Colwell.

"Hopefully we'll have a bill and an agreement by the spring. The last thing we want to do is force a fee on people that they don't want to pay.... There's got to be buy-in from the industry."

THE CANADIAN PRESS

Majority of Canadians back Iraq mission: Poll

Forum Research

Poll. 66 per cent of voters agree with the Canadian effort to combat ISIL militants

About two-thirds of Canadians support the mission in Iraq and consider the Islamic State of Iraq and the Levant (ISIL) a threat to Canada that must be confronted overseas, a new poll says.

Days after Canada's third bombing mission destroyed a warehouse and training ground in northern Iraq, a Forum Research poll found 66 per cent of voters agree with the Canadian effort to combat ISIL. Our contribution to this war effort includes bombing missions by six CF-18 fighter jets.

The survey found that 30 per cent do not agree with the mission — a position mirrored by 40 per cent of voters aged 18-34, and 37 per cent of

Canadians voice opinions

- Voters were evenly divided on whether attacks on Cpl. Nathan Cirillo and Warrant Officer Patrice Vincent justified Canada's involvement in the U.S.-led mission in Iraq.
- The poll was taken by telephone using an interactive voice response survey on Nov. 19 and 20. The sample was made up of a random selection of 1,500 Canadians aged 18 and older.

those polled in Quebec.

The poll also discovered more Canadians agree that ISIL poses a direct threat to Canada today (67 per cent) than did in a September poll (56 per cent).

About two-thirds of voters support the claim that ISIL must be combatted in Iraq to stop the group from spreading into Canada.

A strong majority of Canadians — 70 per cent — believe the country needs tougher anti-terrorism laws.

Of those polled, 72 per cent agree that Canadians deemed "high risk," who might travel abroad to participate in jihad-

ist movements, should have their passports revoked. And 86 per cent agree that such individuals should not be allowed back into Canada once they have left.

Forum put Ben Franklin's famous adage to voters: "Those who give up their freedom for security deserve neither freedom nor security." Less than half — 45 per cent — agree with Franklin, a quarter do not and just under one-third have no opinion on the statement.

Forum said its results are accurate plus or minus three percentage points, 19 times out of 20. **TORSTAR NEWS SERVICE**



Cops ask mariners to look out for missing man

Missing sailor Rui Yamamoto, 31, is shown in a Vancouver police handout photo. Yamamoto is missing after leaving Vancouver on a sailboat and failing to return as expected. Police say Yamamoto was last seen on Nov. 9, when he left Vancouver on a solo sailing trip aboard an eight-metre Contessa boat named the Skibo. He was believed to be heading to the Sunshine Coast community of Gibsons and to Nanaimo on Vancouver Island. He was expected to return after six days, but police say he has not been at work or had any contact with friends. Police are asking mariners to be on the lookout for the missing man and his sailboat.

PHOTO: HO-VANCOUVER POLICE/THE CANADIAN PRESS; STORY: THE CANADIAN PRESS

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Anxieties mount as Ferguson awaits grand jury decision

Residents on edge.
Several businesses
have put boards on
their windows

Worry and speculation mounted Sunday in the St. Louis suburb of Ferguson as residents awaited a decision by a grand jury on whether to indict a white police officer in the shooting death of an unarmed black 18-year-old.

More than 3-1/2 months have passed since police officer Darren Wilson killed Michael Brown after a confrontation in the middle of a street in Ferguson. The shooting triggered riots and looting, and police responded with armoured vehicles and tear gas. The incident reignited debate over how police deal with young black men, and drew attention

to racial tensions simmering in U.S. communities four decades after the civil rights movement of the 1960s. Two-thirds of Ferguson's residents are black, but the police force is almost entirely white.

Many in the St. Louis area thought a grand jury decision on whether to charge Wilson with a crime would be announced Sunday, based partly on a stepped-up police presence in the preceding days, including the setting up of barricades around the justice centre where the panel was meeting.

The grand jurors met Friday but apparently didn't reach a decision, and they were widely expected to reconvene on Monday, though there was no official confirmation of that. Grand juries, composed of regular citizens, determine only whether probable cause exists to indict a suspect. If the jury indicts Wilson, a separ-

ate trial will be held to decide whether to convict or acquit him.

During church services Sunday, some pastors encouraged their flocks not to fret.

"None of us are pleased about what happened," said Shalom Church parishioner James Tatum. "Whatever the verdict is, we have to understand that's the verdict."

As they wait, some people have continued daily protests, while speculation has grown that the delays are intentional.

"People feel like it's been engineered so that the results wouldn't come out until after the election, and until the weather got cold, and it would be more difficult to protest," said Susan McGraugh, supervisor of the Criminal Defence Clinic at the Saint Louis University School of Law. "It's really adding fuel to the fire."

THE ASSOCIATED PRESS



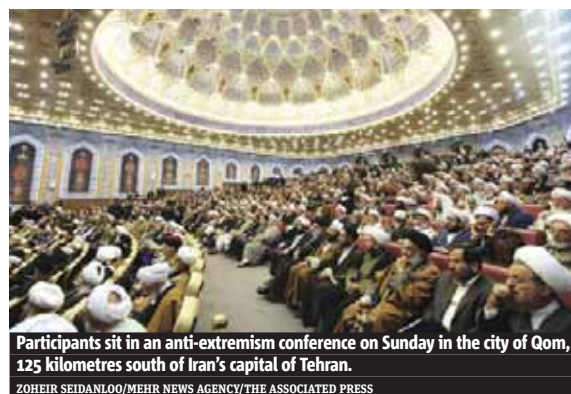
Police stand guard during a demonstration outside the Ferguson Police Department, Sunday in Ferguson, Mo. Ferguson and the St. Louis region are on edge in anticipation of the announcement by a grand jury whether to criminally charge officer Darren Wilson in the killing of 18-year-old Michael Brown. DAVID GOLDMAN/THE ASSOCIATED PRESS

Muslim clerics meet to counter extremists

Shiite and Sunni clerics from about 80 countries are gathering in Iran's holy city of Qom to develop a strategy to combat extremists including the Islamic State of Iraq and the Levant (ISIL), which has captured large parts of Iraq and Syria.

Ayatollah Nasser Makarem Shirazi, the chief organizer of the conference, appealed for consensus among Islam's two main branches, urging them to expose extremist ideology as absurd and to discredit groups espousing it.

Other speakers at the two-day conference blamed the U.S. and Israel for the creation of ISIL, saying it was formed to position "Islam



Participants sit in an anti-extremism conference on Sunday in the city of Qom, 125 kilometres south of Iran's capital of Tehran.

ZOHEIR SEIDANLOO/MEHR NEWS AGENCY/THE ASSOCIATED PRESS

against Islam."

ISIL is widely seen as a threat to Islam because it re-

sorts to barbarism and brutal massacres in the name of the religion. THE ASSOCIATED PRESS

28 bus passengers dead

Kenyan deputy president condemns extremist killings

Kenya's deputy president Sunday denounced the killing of 28 bus passengers by Islamic extremists and said the nation's military responded

by killing more than 100 militants in Somalia.

William Ruto, speaking on a national broadcast, said Kenya is a target of international terrorist groups, including Somalia's al-Shabab, which is linked to al-Qaida. He said Kenya's security forces will protect citizens, including by raiding mosques.

In response to the bus attack, Kenyan security forces struck the al-Shabab camp in Somalia where the bus attack was planned, said Ruto.

"Our message to them is clear: You may sneak and attack innocent civilians. But for any attack on Kenya and its people, we shall pursue you wherever you go," Ruto said. THE ASSOCIATED PRESS



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Getting next generation to lean in

SheBiz. Daylong event had women in business teaching teen girls about possible leadership opportunities to pursue

Last week, Doris Do didn't know what a consultant was.

Today she knows — and she might even want to be one someday.

She likes what she's heard about what the profession has to offer — namely, the potential for travel, moving up the corporate ladder, and the pay. "It sounds really interesting," the Grade 11 student at Harbord Collegiate Institute says.

Susan Sun, a Grade 10 student at Bishop Allen Academy, thinks she may want to be a lawyer, but she also enjoys math and science. Now she knows her broad range of interests could easily lend itself to a career in business. "I see how I could even switch careers," she said. "It feels flexible and open."



From left, Grade 11 student Doris Do, Jennifer Reynolds, CEO of Women In Capital Markets, and Grade 10 student Susan Sun during SheBiz, an event to teach girls in Grades 9 to 11 about careers in finance, science and technology. TORSTAR NEWS SERVICE

Do and Sun were among more than 300 high school students — girls in Grades 9 to 11 — who attended SheBiz on Friday.

At the daylong event, held at the Desautels Hall at the Rotman School of Management at the University of Toronto, girls learned about careers in business, especially in fields such as consulting, accounting, finance and technology.

They listened to guest speakers, worked through a case study and played a trading game that teaches about finance and the stock market. Most importantly, they learned about the business world from women who are already working in it.

"The girls are really engaged. They're asking a lot of questions. These girls are sitting in front of people that are relatable, and they say, 'I

could be this person,'" says Jennifer Reynolds, president and chief executive officer of Women in Capital Markets, the professional networking group that puts on SheBiz.

"We need to show them, if you go into these types of roles, you can have a big impact on the world around you. You can run your own company and make decisions that are good for your

National conversation

This year's event comes amid a national conversation about boosting the profile of women in Canadian business. In mid-October, Canada's biggest stock market regulators issued new rules requiring public companies to explain how many women they have on their boards and in executive roles, as well as what they are doing to recruit them. The Ontario Securities Commission spearheaded the initiative.

- Women currently account for about 12 per cent of director roles at Canada's biggest public companies. By some estimates, women account for about half of the professional workforce — but just about one-quarter fill the ranks of senior managers.

country and the broader world. We need to inspire young women to want to be leaders in the economy."

TORSTAR NEWS SERVICE

Companies. New integrity rules may hurt the economy

New federal rules that threaten to ban companies convicted of crimes from public contracts could kill jobs and hurt the Canadian economy, warns a study conducted for a powerful business group.

The report lists the potential consequences of Ottawa's so-called integrity framework, a measure strengthened last spring to disqualify would-be suppliers busted in Canada or abroad for offences such as fraud, bribery and extortion.

The companies would face a 10-year ban, or debarment, from vying for the often-lucrative procurement deals offered through the government's primary contracting department: Public Works.

But such bans would not only inflict damage on suspended firms, they also risk "far-reaching harm" on Canada's economy, says the study, commissioned by the Canadian Council of Chief Executives.

The report was one of two research documents the council forwarded to Public Works last week. The department says its officials are reviewing both reports.

"Debarment imposes a direct cost on the debarred firms, but also on innocent parties and society at large," says the report, which explores the potential economic effects of the framework.

THE CANADIAN PRESS

Owned by billionaire

Airline taking back pilots' \$4,000 Christmas bonuses

Pilots from Island Air were probably pretty happy when they got a \$4,000 US Christmas bonus — that is, until the airline wanted the

money back.

The regional airline owned by billionaire Larry Ellison said it paid the bonuses prematurely in October.

The Honolulu Star-Advertiser reported Saturday that the company plans to take payroll action to recover the erroneous payments. THE ASSOCIATED PRESS

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VOICES

UNSUBSTANTIATED CLAIMS

Stephen McNeil's government is proposing sweeping changes to the provincial tax system, but will "rewarding risk-takers, dreamers, doers and builders" really boost entrepreneurship and investment, or just fund more winter golfing vacations?



STEPHEN KIMBER
halifax@metronews.ca

We shouldn't be surprised.

Not after federal finance minister Joe Oliver last week made the case — without embarrassment — Ottawa didn't need to do an independent analysis of the cost-benefits of a \$550-million tax credit for small business because the self-interested lobby group Canadian Federation of Independent Business told him it was a good idea.

The CFIB's — ahem — analysis concluded the tax break would create "25,000 person-years" of employment.

The parliamentary budget officer — an independent spending watchdog — crunched the numbers and countered with just 800 jobs over two years.

"We don't do analysis on every expenditure," Oliver said, batting away opposition questions.

And so it is in Nova Scotia where the McNeil government last week released "Charting a Path for Growth: Nova Scotia Tax and Regulatory Review," a commissioned report by former Ontario Liberal cabinet minister Laurel Broten.

Broten begins, predictably enough, with the "inescapable" facts: aging population, stagnant economy, spending too much, taking in too little.

Her recommendations are sweeping: "flat-lining total program spending at today's levels over the next five years," imposing a carbon tax, eliminating HST exemptions for everything from heating oil to children's diapers, raising personal income tax exemptions while reducing

Missing voices

While Broten appears to have read deeply, there is no reference anywhere to progressive voices like the Canadian Centre for Policy Alternatives that don't sing from the Common Book of Corporate Prayer.

top end personal and corporate income tax rates ...

While Broten appears to have read deeply, there is no reference anywhere to progressive voices like the Canadian Centre for Policy Alternatives that don't sing from the Common Book of Corporate Prayer.

Worse, there is nothing but the most rotely predictable, unsubstantiated analysis of the impact, say, of reducing income taxes for those who earn more than \$150,000 a year.

Will "rewarding risk-takers, dreamers, doers and builders" really boost entrepreneurship and investment, or just fund more winter golfing vacations?

And what about the notion of freezing all program expenditures for five years to eliminate the deficit to ... reduce top personal income and corporate taxes.

How many key public services would be eliminated? How many public sector jobs would be lost? How many jobs in the private sector, which depend on spending by those in the public sector, would disappear too? How would that chart a path for growth?

None of that is addressed in this report. We shouldn't be surprised.



Premier Stephen McNeil JEFF HARPER/METRO

Letters

RE: High Time for an Update column, published Nov. 19, 2014

A recent article in your paper sparked talk around our office here at Children of the Street Society.

We are a Provincial non-profit society that is dedicated to preventing human trafficking and, more specifically, the sexual exploitation of children and youth.

Founded twenty years ago by a mother that lost her daughter to the commercial sex trade after being groomed by a local pimp, Children of the Street Society provides free education in BC schools about forced prostitution of minors for students in grades 5, up to grade 12.

Our goal is to protect the youth of this province and raise awareness about a very prevalent issue.

Sexual exploitation and human trafficking can be a very sensitive topic for some and because of that we believe that teachers should not be responsible for providing this education, primarily because they are not trained to do so.

A question of responsibility

Sexual exploitation and human trafficking can be a very sensitive topic for some and because of that we believe that teachers should not be responsible for providing this education, primarily because they are not trained to do so.

Key Lescisin, Children of the Street Society

Nor are they trained on how to deal with any disclosures that may come after education of this nature.

Instead organizations like ourselves, using a youth-to-youth model, should be funded provincewide as a safe resource to educate the young people.

This type of education needs to be age-appropriate and needs to be done in a manner that is relevant for

youth. Although we get this conversation started in the classroom, parents also need to be involved in their kids' lives.

What we as a society need to realize is this: Pimps and traffickers are getting to youth as young as possible; the average age of entry into the sex trade in Canada is 13 years old.

Is it not important that we give this information to youth, in a healthy and safe manner, before the predators do?

We need to discuss sexual exploitation and human trafficking with students as young as possible to give them the tools they need to make informed decisions as they go on in life.

Key Lescisin,
program co-ordinator, Coquitlam, B.C.

WE WANT TO HEAR FROM YOU
Send us your comments:
halifaxletters@metronews.ca



Teen lovers' murder mystery captivates the world by podcast

Online. Passionate fans debate weekly series that casts doubt on guilt of Maryland teen jailed for killing and burying girlfriend

For 15 years, nobody outside Maryland cared much about the murder of a South Korean-born high school teen, supposedly at the hands of her ex-boyfriend, the son of Pakistani immigrants.

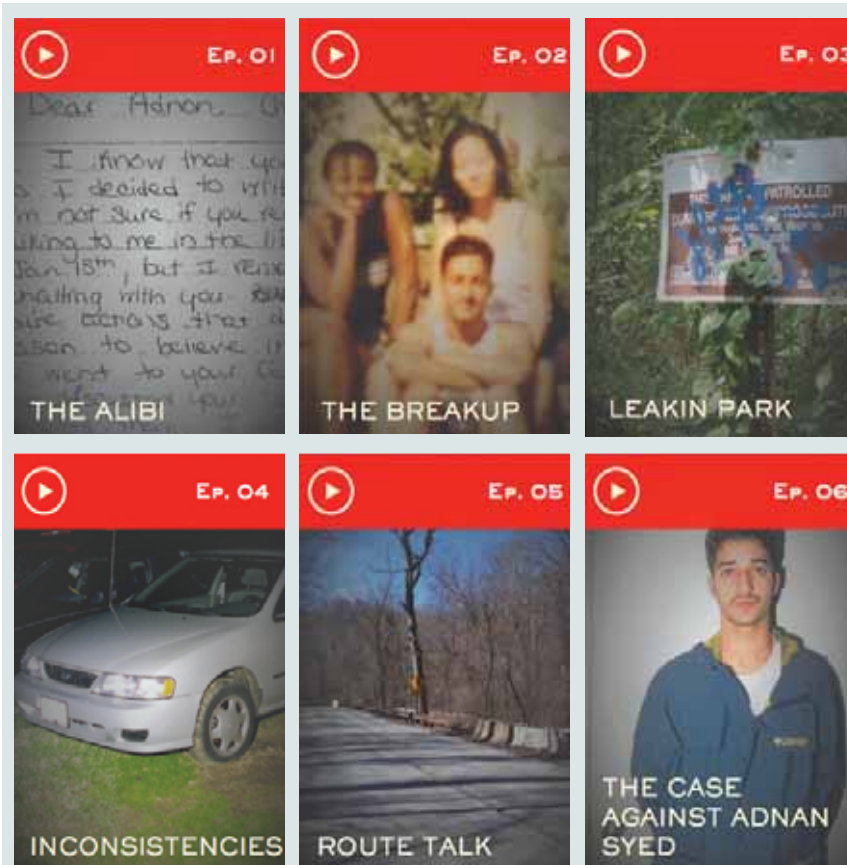
Now, it seems, everyone does. The perplexing tale of Hae Min Lee and Adnan Syed is at the heart of *Serial*, an hour-long weekly podcast that's become an unlikely global Internet phenomenon.

Fans speak of being "addicted" and "obsessed" with the program. Those who caught the bug early can't wait for Thursdays, when fresh installments drop. Latecomers binge on past episodes.

It's been downloaded more than five million times from Apple's iTunes store, where it's a Top 10 hit in the United States, Canada, Britain, Australia, India, South Africa and Germany. It can also be heard on the show's website at serialpodcast.org.

Between episodes, chatter rages on social media. Reddit hosts an exhaustive *Serial* discussion board. Bloggers speculate who's telling the truth — and who might not be.

Serial is a spinoff from *This American Life*, a long-running U.S. public radio series that's famous for its quirky topics and laid-back storytelling style.



Episodes of the *Serial* podcast are available on iTunes and at serialpodcast.org. SCREENSHOT: SERIALPODCAST.ORG

Its runaway success — as a podcast, no less — has taken its creators by surprise.

"We kind of expected to be in the sleepier realms of the podcast world," says senior producer Julie Snyder. "We were hoping for good numbers. But we were not at all expecting so

many people listening and writing about the show, and having a lot of interest about the show. And it's international. We didn't plan for that at all."

Serial comes across as part investigative journalism, part police procedural, part soap opera, with a nod to the 19th-

century serialized novels of Charles Dickens and Emile Zola.

Hae and Adnan — everyone in *Serial* is called by their first name by narrator and journalist Sarah Koenig — are high school sweethearts who keep their love a secret from their conservative immigrant fam-

Quoted

"We were not at all expecting so many people listening and writing about the show. And it's international."

Julie Snyder, senior producer of *Serial*

ilies. In the opening episodes, both come across as bright all-American teenagers — popular, getting good grades, holding down part-time jobs, looking forward to prom night.

But when romance turns to breakup, Adnan, overcome by anger, strangles Hae and, with a pal, buries her in a shallow grave, where a passerby finds her three weeks later.

At least, that's the version prosecutors gave jurors at a six-week trial that ended with Adnan getting a life sentence in a Maryland penitentiary, where he remains at the age of 32.

Koenig revisits the case in forensic detail — interviewing witnesses who sometimes contradict themselves, pursuing neglected leads, chatting regularly by phone with the imprisoned Adnan, who maintains he is innocent.

It's unclear whether *Serial* might turn up fresh material to compel judicial authorities to reopen the case — but Snyder says that's not the point.

"We've said from the beginning that we don't know where it's going to end," she added.

Serial is likely to run 12 episodes overall, but the producer cautions: "We don't know for sure, because we are still doing the reporting." **AFP**

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- 3 Nick Jonas Jealous
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- 1 Taylor Swift Blank Space

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Gwyneth gives Martha a taste of her own recipe as war heats up



**NED
EHRBAR**
Metro in Hollywood

In possibly the most stuffy, Hamptons-bred move yet, Gwyneth Paltrow and Martha Stewart have apparently decided they're going to play out their ongoing feud with the WASP-iest weapon of all: clever recipes.

Last month, Stewart presented a selection of holiday pies in her magazine with the headline "Conscious Coupling," an obvious dig at Paltrow's awkward divorce announcement.

So Paltrow's camp has now fired back by posting a recipe on Goop for "Jailbird Cake," apparently a dig at Stewart's time behind bars.

"The folks at Goop know how to have some fun, too," a source tells People magazine. "If Martha served up the appetizer, the Jailbird Cake is just desserts."

But hey, at least if they keep fighting, we'll keep getting delicious dessert recipes.



Bette Midler

Midler says 'specialness has rubbed away' from the gay community

Gay community: Bette Midler loves you, but you're bringing her down. You're just not interesting enough anymore.

"The extreme characters you used to see in the Village in the old days, you just don't see them anymore," Midler tells the Advocate. "I really do miss them, because there was a feeling I used to get that people

were expressing themselves in the most elaborate of ways. Now the (gay community) has kind of gone mainstream. It's sort of ordinary now, and a little bit of the specialness has rubbed away." Man, after Zachary Quinto's recent comments in Out, this is a great month for criticizing the gay community as a whole, isn't it?



Kevin Spacey

Kevin Spacey urged to face up to sexual reality

Bravo honcho and Watch What Happens Live host Andy Cohen probably shouldn't expect Kevin Spacey on his show anytime soon. Cohen implores Spacey to come out of the closet in his new memoir, The Andy Cohen Diaries. He recounts running into Spacey — who has dodged questions about his sexuality for years — at the U.S. Open in 2013. "Kevin Spacey was in front of us with what looked like a face full of makeup and three male companions who were definitely not raising any questions," Cohen writes. "I still get enraged when I think about him talking about being in love with that woman on 60 Minutes. Come out, sir."



Natalie Dormer ALL PHOTOS GETTY IMAGES

The naked truth: Natalie wants GOT's nudity imbalance to be righted

The HBO hit Game of Thrones isn't known for modesty when it comes to nude scenes, but at least one of the show's stars thinks there's some imbalance in exactly what flesh is on display.

Simply put, Natalie Dormer wants to see more man meat next season. "Well, during the first season, (co-stars) Alfie (Allen), Richard

(Madden) and several of the men got naked — although not all the way," Dormer, who also stars in the new Hunger Games movie, tells The Daily Beast.

"I think Thrones has been better than your average show with the equality, but they could definitely ramp it up. Absolutely."

Should we start a petition or something?

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3
LIFE

Don't be a drifter when it comes to life — and your debt

Take charge. Sure, it takes a lot more work to pick up the paddles and refuse to go with the flow, but the payoffs are plenty



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Have you ever caught yourself thinking, “This just *cannot* go on!”? You know that wherever you are now is not where you want to be. You know it. Yet you do nothing to change.

People spend a lot of time thinking about how their lives could be different. They wish they could escape from whatever trap they feel caught in. Are you in debt? Are you working a crappy job? Is your home life just miserable? So, what are you going to do about it?

You could let your mind wander to a better place. You could wish. You could get angry ... at yourself, at your boss or co-workers, at your partner. Or maybe you just get sad.

If you've experienced this sense of not moving forward, this sense of drifting through your life, you're going to have to decide if this is what you want the rest of your life to be like — or *not*.

Young people often experience this sense of not heading where they want because they've done a lot of what they've done simply to meet the expectations of their parents, teachers, or other influencers.



It can be easy to not have a clear idea of who we are or what we want, but drum up the courage to decide what you really want in life. ISTOCK

There are the people who get married early because that's how it's done in their family or in their culture. There are the people who head into careers they have little interest in because someone else thought it was a good choice. And there are the people who buy a home, taking on debt they're not psychologically prepared to deal with, simply because “only losers rent.”

While approval from the people you love and admire may be important to you, it's not enough to keep you happy. For that, you actually have to figure out what you want. You have to clearly see it. And then

you have to do whatever it takes to make it so.

One of the biggest lessons I've learned on my life journey is that I can only be happy when I am being Gail. In my younger days, I worked hard to meet other people's expectations — and failed miserably — so I figured out that I'd rather be disliked for the person I am than for the person I'm pretending to be. I got real. And now if a body doesn't like me, oh well.

The tendency to be unclear about who we are and what we want goes for just about everything else in life. If you drifted into a marriage, drifted into a job or career, drifted into a new

home, all because it was what came your way, it may be time to take your life back.

What are you passionate about? What do you love? What do you hate? What makes you happy? What makes you sad? Who inspires you, and why? What do you wish was different about your life?

Very often we send ourselves signals that can help us decide what it is we really want so we can get focused. It may be a book you read that strikes a cord or a conversation you have with a friend. Just as often, we push those signals aside without paying attention and we miss our cue.

Take heart. Another will

come along. It may be a touch of envy that makes you sit up and pay attention to what you think is missing in your life.

It may be a daydream, an “I just wish I could” moment, that you can catch and study.

Or you may find yourself getting really P.O.'d because what you're doing is pointless and unsatisfying and you really hate Monday mornings.

If whatever you're doing used to work for you, but you've changed and it no longer does, you need to rethink what's really important. And if you feel you have to stick with whatever it is because you've invested so much energy in a particular direction that changing course now would be “a waste,” give your head a shake. Don't be so settled, so habituated to your life, that you end up caught in the honey of a life you really don't want.

It's time to be brave, to figure out what you really want and then drum up the courage to make it so. Try. And try again. Talk about your dreams with your friends and family. Set a goal. Set another goal. Make the life you want.

Drifting is always about going with the current and it takes less effort than heading in a defined direction.

Just look at all the people who wish they weren't in debt! Sure, if you're drifting you'll keep moving, but you'll also be dependent on the direction of the current, and susceptible to the tides and eddies of life. If you're ready to pick up the paddles, you can go anywhere you want.

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Are you experiencing deskpression? Maybe it's time to turn in your notice

Career. Signs that it's time to leave your nine-to-five for a freelance gig

MARIANNE HAYES
Metro in New York City

If going into the office every day leaves you less than thrilled, you're not alone. In fact, Gallup's 2013 State of the American Workplace study found that 70 per cent of those polled described themselves as disengaged at work.

It seems fitting that a record number of workers are taking the plunge from cubicle dweller to full-time consultant. The truth is that more and more working-aged people — particularly millennials — are trading corporate nine-to-five jobs for the free-

lance life. Just how many? According to the Freelancers Union, one in three Americans currently works as a freelancer.

Read on for the telltale signs that it might be time to say so long to your nine-to-five gig.

Going to work feels like a chore

If you hate your job, it might be the universe telling you that you're not cut out for your current position.

After spending years as a classroom teacher who freelanced on the side, I eventually got to the point where I felt more personally fulfilled and excited by my side gigs.

In other words, I was kind of starting to hate going to work. I took this as a sign that it was time to bow out of the school system and start doing what I loved. Many freelancers are nudged into

self-employment in much the same way.

"I wasn't satisfied with my content job at an Internet company, and I felt like my work was holding me back from accomplishing my main personal goal — to become a professional, full-time writer," said Stefan A. Slater, a 26-year-old freelance writer who stepped out of corporate life in 2012.

Leaving the security of a full-time job can be scary, but you have to ask yourself: Am I doing the job I always dreamed of doing?

You daydream about making your own work schedule

On Friday morning, I'll get up at 6 a.m. and work on projects for a few hours before heading over to my daughter's preschool for a Thanksgiving feast. I didn't have to request time off to do this; I simply built my workflow around it.



We've all experienced the workplace blues, but if negative emotions are getting the best of you each and every day, you might consider contemplating another career path. CONTRIBUTED

Having the freedom to create your own work schedule is perhaps the greatest advantage of freelancing.

"At my last job, I felt a lot of pressure to be in the office, even though I could do my work from the bottom of the sea if necessary," said Vanessa McGrady, who just left a full-time office job for the

freelance life. She currently writes a personal finance column for Forbes.com.

McGrady says that she treasures her flexible time, which allows her to go to yoga in the middle of the day and spend more time visiting family and friends.

"It's scary, not having that magical paycheck, but

I think that just makes me work harder," said McGrady.

Your job isn't safe

Those of us with serious job security may find the prospect of self-employment a bit scary. For Dan Spalding, a PR consultant who left his nine-to-five as a corporate communications director in 2009, rumours of impending layoffs were what pushed him to go his own way.

"I wasn't going to be affected, but I knew some of my friends were," said Spalding, founder of Spalding Communications. "I wasn't exactly ready to step out into my consulting business, but I knew it would not be fair for the company to lay people off and keep me on, only to tell them in a few months that I was leaving to build my consultancy."

By stepping out when he did, Spalding ended up saving another employee's job. The act of decency paid off — Spalding's former employer signed on as one of his first clients.

Are you looking for a challenge?

Some of us rest easy in the predictable demands of our nine-to-five jobs. For others, the monotony can be a killer. Going your own way as a freelancer comes with its own unique set of challenges sure to keep you on your toes.

- For starters, building a solid client list is a job in itself. If you're contemplating quitting your job to work for yourself, McGrady suggests lining up your prospects beforehand. For her, this took the form of scouring her LinkedIn network and reaching out to contacts she'd worked with in the past. (This simple act secured her two new clients that same day.)
- Clientele aside, freelancers have other responsibilities to manage. Saving for retirement, paying quarterly taxes, and keeping your projects straight are all part of your day-to-day. No matter what your business is, the consulting route can sometimes feel unpredictable. But knowing that this is your livelihood definitely revs up the motivation in a way that no other job does.



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You say potato, I say Sloppy Joe

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Here's a spuddy twist on the quick and easy dinner classic — perfect to warm up to during the cold winter months



ROSE REISMAN

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Sloppy Joes have been around since the 1950s.

Legend has it that a cook named Joe at a café in Sioux City, Iowa, added tomato sauce to his loose meat sandwiches and the "sloppy joe" was born!

Traditionally, the dish is prepared with ground beef, onions and tomato sauce and is served on a hamburger bun.

I stepped it up a notch by serving it over a baked potato and adding an array of garnishes to it.

I add a spicy diced sausage to enhance the flavour of the meat.

If you have the time, you can always bake the potatoes at 450 F for about 45 minutes or just until tender for a crispier skin.

Guaranteed to be a No. 1 favourite with kids and families!

Directions

1. In a medium saucepan, lightly coated with cooking spray, add the onion, garlic and oil.

Sauté for 5 minutes or until the onion begins to brown.

Add the beef and sausage and cook for 5 minutes or

until no longer pink, breaking apart the meat with a wooden spoon.

2. Add the tomato sauce, dried basil and chili powder.

Cover and simmer for 15 minutes, stirring occasionally.

Garnish with Parmesan cheese and fresh basil.

3. Meanwhile, clean the baking potatoes, leaving the skin on.

Pierce the potatoes with a fork throughout.

Microwave on High for 8-12 minutes, or until tender.

Cut in half lengthwise and divide sloppy Joe mixture over top.

Add garnishes of your choice.

**COOKING
TIME
25 MINUTES**



This recipe serves six. ROSE REISMAN

Nutritional information

Per serving

• Calories. 435

• Carbohydrates. 56.6 g

• Fibre. 6.8 g

• Protein. 29.3 g

• Total fat. 14.2 g

• Saturated fat. 4.7 g

• Cholesterol. 69 mg

• Sodium. 273 mg

Ingredients

- 6 medium baking potatoes
- 1 cup finely diced onion
- 1 1/2 tsp finely chopped garlic
- 1 tsp vegetable oil
- 12 oz extra-lean ground beef
- 4 oz spicy beef sausage, casings removed, diced
- 2 cups tomato pasta sauce
- 1 1/2 tsp dried basil
- 1 tsp chili powder

- 2 tbsp grated Parmesan cheese
- 2 tbsp chopped fresh basil

Garnish

- Choice of grated cheddar, light sour cream, chopped tomatoes and cilantro or basil



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Mooseheads forward Timo Meier, right, tries to get around Wildcats defenceman Garrett Johnston during Sunday's game at the Scotiabank Centre. JEFF HARPER/METRO

Mooseheads hit hot streak at home

QMJHL. Herd earn wins over Wildcats, Océanic; finding identity as 'a hard-working, character team'



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

It was twice as nice on home ice for the Halifax Mooseheads over the weekend.

The Herd snagged two wins in as many days, edging the Moncton Wildcats 4-3 in front of 7,549 thrilled fans Sunday afternoon and topping the nationally ranked Rimouski Océanic 8-2 with 8,404 ecstatic supporters in the crowd Saturday night at the Scotiabank Centre.

"Those are two really good teams," defenceman Matt Murphy said, adding two big wins bring "morale up in the room and (show) us what we can do."

Murphy had a goal and an assist in Sunday's win, which saw the Mooseheads score four straight goals in less

On Sunday

4

Mooseheads

3

Wildcats

than three minutes.

Moncton forward Stephen Johnson got it started with a power-play goal early in the game, but Murphy and the Moose replied quickly.

The Herd's first came when forward Danny Moynihan tipped in a shot at 9:18 in the opening frame, with linemates Nikolaj Ehlers and Timo Meier creating the play. Halifax native Kelly Bent scored the go-ahead goal just over a minute later, his second of the season, after getting one on a breakaway Saturday.

Murphy made it 3-1 on a power play at 11:36 in the first.

"I just kind of threw it on net from the point," Murphy said of his marker, which he then followed up on by as-

sisting Ehlers on Halifax's final goal at 12:04 in the period.

"I made a pass up to Nik on the half-wall, and Nik made a great play to Timo (Meier)," he said. "I just did my job, and then they did theirs."

Ehlers and Meier also had two points apiece in Sunday's game.

The Wildcats pulled Jason Rioux and replaced him with Alex Dubeau between the posts following the Herd's hot scoring streak, with Ivan Barbashev and Zachary Malatesta cracking the scoreboard in the second and third, respectively, but the Mooseheads were able to hold them off until the final buzzer sounded.

In addition to several dazzling goals Saturday and Sunday, there were also some tense Moose moments, including several fights and a couple of injuries.

On Saturday, point-producer Ehlers somewhat unexpectedly dropped his gloves to complete his Gordie Howe hat trick.

On Sunday, Bent got into two separate scraps, includ-

ing when he stood up for defenceman Josh Fitzgerald, who took a hard hit and sustained an upper-body injury.

The weekend had no shortage of action and entertainment, a sign that this season's relatively young Mooseheads squad is finally making its own unique mark on the ice.

"We've just had such a skilled team in the last two years, so I think we've got to be more of a hard-working, character team," Murphy said. "There's a different identity behind us, but it's shaping up well."

Wounded Moose

Defenceman Josh Fitzgerald suffered an upper-body injury Sunday ... Rookie Morgan Nauss sustained an upper-body injury Saturday ... Blue-liner Cavan Fitzgerald is out with a fractured patella ... Forward Brett Crossley is out with a concussion ... Captain Ryan Falkenham is sidelined with a lower-body injury.

NBL Canada

Rainmen score win over Miracles

The Halifax Rainmen snagged their third win of the season, and second over the Moncton Miracles, on the road Sunday afternoon.

Guard Tyrone Watson led the way inside Moncton Coliseum, contributing 22 points to the scoreboard and pulling down 11 rebounds for the Rainmen, according to a news release. Seiya Ando and Mike Martin added 19 points apiece.

Tramar Sutherland led the Miracles with 16 points.

The Rainmen are 3-2 on the season. **METRO**

AUS men's basketball

Tigers push win streak to 5 games

The Dalhousie Tigers beat defending Atlantic University Sport champions the Saint Mary's Huskies 72-54 in an all-Halifax basketball battle Friday night.

Forward Kashrell Lawrence and guard Jarred Reid scored 16 points apiece for Dalhousie, while forward Aaron Fisher led Saint Mary's with 10 points.

The Tigers continued their winning streak to make it five straight Saturday, defeating the Acadia Axemen 77-57.

The Huskies rebounded Saturday with a 94-80 win over the Cape Breton Capers to break a three-game losing streak.

Dalhousie leads all eight teams in AUS standings. **METRO**

AUS women's basketball

Saint Mary's earns narrow victories

Women's basketball fans in Halifax were on the edges of their seats Friday night, as they watched the Saint Mary's Huskies edge the Dalhousie Tigers 51-49 in a cross-town rivalry showdown.

Forward Laura Langille put in 15 points for Saint Mary's en route to her team's eighth straight win, while guard Courtney Thompson added an impressive 22 points for Dalhousie.

The Huskies did it again Saturday, again just barely squeaking by the Cape Breton Capers, with an exciting 53-51 win. The Tigers, meanwhile, bounced back Saturday to beat the Acadia Axewomen, 64-43. **METRO**

Tennis

Federer beats Gasquet in Davis Cup final

Roger Federer defeated Richard Gasquet 6-4, 6-2, 6-2 in the first reverse singles match Sunday as Switzerland won the Davis Cup final against France by taking an unassailable 3-1 lead. **THE ASSOCIATED PRESS**

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Lydia Ko gets her biggest LPGA Tour title

New Zealand teen Lydia Ko was flawless with a 4-under 68 to capture the Race to CME Globe. Then, the 17-year-old also added the Tour Championship with a par on the fourth playoff hole. **THE CANADIAN PRESS**



Lydia Ko plays a shot during the final round of the CME Group Tour Championship at Tiburon Golf Club on Sunday in Naples, Fla. **SAM GREENWOOD/GETTY IMAGES**

Seven-time F1 champ

Schumacher still 'making progress'

Former Formula One world champion Michael Schumacher continues to make progress as he recovers at home from last December's skiing accident, says his agent Sabine Kehm in a TV interview.

THE ASSOCIATED PRESS

NHL

Rangers run rampant over Habs

Henrik Lundqvist stopped 21 shots for his fourth shutout, Martin St. Louis had a goal and assist, and the suddenly stingy New York Rangers routed the NHL-leading Montreal Canadiens 5-0 on Sunday night.

THE ASSOCIATED PRESS

Stamps rout Esks in Western final

CFL. Hosts win Battle of Alberta at McMahon Stadium as Calgary clinches berth in Grey Cup Game

The Calgary Stampeders are a win away from capping a stellar season with a Grey Cup.

After matching the franchise's best record of 15-3, Calgary will play the Hamilton Tiger-Cats in the CFL's championship game Nov. 30 in Vancouver.

The Stampeders were efficient and versatile in a 43-18 win over the Edmonton Eskimos in Sunday's West Division final. With the Eskimos limiting the top rushing offence in the league, the Stampeders won it in the air.

Calgary claimed the Grey Cup in John Hufnagel's first year as head coach and GM in 2008.

Upset losses at home in the West final to Saskatchewan in 2010 and 2013 —

West Division final

43

Stampeders

18

Eskimos

- The temperature at Sunday's kickoff was zero under cloudy skies with a light wind out of the south. Attendance was announced at 31,004, but there was ample room at McMahon Stadium.

when Calgary's records were 13-5 and 14-4 respectively — were deflating conclusions to outstanding campaigns.

Despite a regular-season record of 88-37-1 in Hufnagel's seven seasons at the helm, Calgary's only other appearance in a Grey Cup was in 2012 when they lost to the Toronto Argonauts.

"We've been working for so long and we've experienced so much disappoint-

ment," Stampeder running back Jon Cornish said. "I want to win this Grey Cup, not for personal gain, but for every single person in this locker-room, every single person on the support staff and every single coach. They're the people that deserve this."

The Stamps went 15-3 three straight seasons from 1993 to 1995, but did not win the Grey Cup under Wally Buono.

Stamps quarterback Bo Levi Mitchell threw a pair of TD strikes to Eric Rogers, had touchdown throws to Cornish and Marquay McDaniel and ran the ball in for a TD of his own against the Esks.

Cornish scored his second touchdown of the game on a two-yard run late in the fourth quarter. The CFL's rushing leader was held to 54 yards on 14 carries, but Cornish made his impact in the game as a receiver.

He totalled 120 yards on four catches. One of them was a 78-yard rumble for a touchdown in the second quarter. **THE CANADIAN PRESS**



Eskimos defender Otha Foster can only watch as Stampeders receiver Eric Rogers makes a touchdown catch in the CFL West Division final on Sunday in Calgary. **JEFF MCINTOSH/THE CANADIAN PRESS**

East Division final

Ticats laugh all the way to the Banks

Brandon Banks and the Hamilton Tiger-Cats made the Montreal Alouettes eat their words Sunday.

Banks had a playoff-tying two punt return TDs to lead Hamilton back to the Grey Cup with a 40-24 East Division final win over the Montreal Alouettes. Banks had five punt returns for a playoff-record 226 yards and had another 78-yard TD return negated by a penalty.

The win was especially gratifying for Banks and the Ticats, who remained silent last week after Montreal players Duron Carter, Bear Woods and S.J. Green predicted their team would win. The assurances came despite the Als losing 29-15 in Hamilton Nov. 8 that earned the Ticats first in the East and home field.

Banks added three carries for 35 yards and four catches for 33 yards. He finished with 294 total yards.

"Of course, we won," Banks said. "They guaranteed a win, didn't they, so (they) can eat those words."

THE CANADIAN PRESS

Hamilton claims second F1 championship title



Lewis Hamilton celebrates his second F1 title in Abu Dhabi, United Arab Emirates, Sunday. **KAMRAN JEBREILI/THE ASSOCIATED PRESS**

British driver Lewis Hamilton clinched his second Formula One title in style after winning the season-ending Abu Dhabi Grand Prix on Sunday, with title rival Nico Rosberg drifting out of contention after failing to recover from a poor start.

Hamilton, the 2008 F1 champion, entered the race with a 17-point lead over his Mercedes rival Rosberg, needing only a top-two finish to guarantee the title.

"Woooooo-hoooooo, world champion I can't believe it! Thank you so much guys,"

Hamilton screamed over race radio, before grabbing a Union Jack flag and waving it above his car as his mechanics celebrated wildly.

"It's hard to soak all of this up. So much pressure," the 29-year-old Hamilton said. "I didn't sleep last night. I went for a run and had a massage, I thought I would be tired, but somehow I felt composed for the race. This has been an incredible year. It feels very surreal, like an out-of-body experience, like it's not really happening."

He kept his helmet on for several minutes, appearing to wipe away tears, as the emotion of his hard-fought championship win started to sink in.

Standing watching in the Mercedes garage, Britain's Prince Harry told him he was a "legend" and Hamilton was visibly emotional as the national anthem blared out.

"I'm lost for words. One thing I want to say is a big huge 'Thank You' to all the fans, to my family. I love you guys," Hamilton said.

THE ASSOCIATED PRESS

Abu Dhabi Grand Prix

Rosberg started from pole position and, with double points on offer, could have taken his first F1 title with a win providing Hamilton finished third or lower. That dream scenario lasted three seconds — the time it took Hamilton to overtake Rosberg, whose race turned into a nightmare. He eventually finished 14th.

Packers safely beat Vikings

Eddie Lacy. Running back carries 25 to lead Green Bay in Minnesota

The ground game with Eddie Lacy was working so well for Green Bay that even Aaron Rodgers wanted a running play to try to put Minnesota away.

"I just kind of chuckled, because it's usually the other way around," Packers coach Mike McCarthy said.

Lacy and the offensive line

delivered a four-yard run on third-and-2 to take the clock to the two-minute warning, and one more first down sealed a 24-21 victory for the Packers over the Vikings on Sunday.

Rodgers gave Green Bay his usual confident, accurate, productive game, but the biggest lift came from Lacy in the form of 125 yards on 25 powerful carries.

"He's agile for a guy his size. He's got a great spin move. He takes care of the football. He does all the things you want,"

Tough

"He doesn't go down, man. It's pretty fun to watch."

Left guard Josh Sitton on Eddie Lacy

said Rodgers, who threw two touchdown passes and again avoided a turnover while the Packers (8-3) moved into sole possession of first place in the NFC North.

Lacy scored twice, on a run

in the first quarter and a catch in the fourth quarter. The Vikings (4-7) cut the lead to three with 3:23 remaining on Teddy Bridgewater's second touchdown pass of the day, but the Packers sent in their "Jumbo" set with a sixth offensive lineman to squelch a comeback.

Vikings coach Mike Zimmer said he should've called for an onside kick from the 50-yard line, after a roughing-the-passer penalty on the Packers during the previous play.

THE ASSOCIATED PRESS



Eddie Lacy dodges Viking Harrison Smith's tackle on Sunday in Minneapolis. Scan the image with your Metro News app for a roundup of more NFL action. HANNAH FOSLIEN/GETTY IMAGES

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Horoscopes by Sally Brompton

Aries

March 21 - April 20

Don't be too proud to accept a gift from a friend. Not only do you need what they want to give you but accepting it will make them feel good about themselves as well.

Taurus

April 21 - May 21

A plan to boost your earning power may be tempting but if it means doing something that leaves you feeling uncomfortable with yourself then maybe you should give it a miss.

Gemini

May 22 - June 21

If others expect you to act in ways you do not enjoy then obviously something is wrong. You don't have to do what they want you to do.

Cancer

June 22 - July 23

You have been pushing yourself hard of late and if you start this week the way you finished the last one it won't be long before you break down in some way.

Leo

July 24 - Aug. 23

What you want to do and what you are expected to do may be different things but if you are smart you will find ways to mix duty and pleasure.

Virgo

Aug. 24 - Sept. 23

Your thoughts may be far away but the demands of your current situation will soon bring you back to reality.

Libra

Sept. 24 - Oct. 23

There may be certain patterns of behaviour that you would like to overcome but you have got to be sensible about it. You can't change overnight.

Scorpio

Oct. 24 - Nov. 22

You need to be careful as the new week begins because if you allow yourself to be taken in by soft words or a pretty face you could find later on that you have been duped.

Sagittarius

Nov. 23 - Dec. 21

No one doubts your hard work but even a Sag needs to slow down once in a while. Venus in your birth sign urges you match each hour of work with an hour of relaxation.

Capricorn

Dec. 22 - Jan. 20

Don't worry too much about the purpose of what you are doing — if it makes you happy that is purpose.

Aquarius

Jan. 21 - Feb. 19

There are plenty of reasons why it might be wise to keep your head down and stay quiet but opportunities to have your say come all too rarely and you are not going to let this one pass by.

Pisces

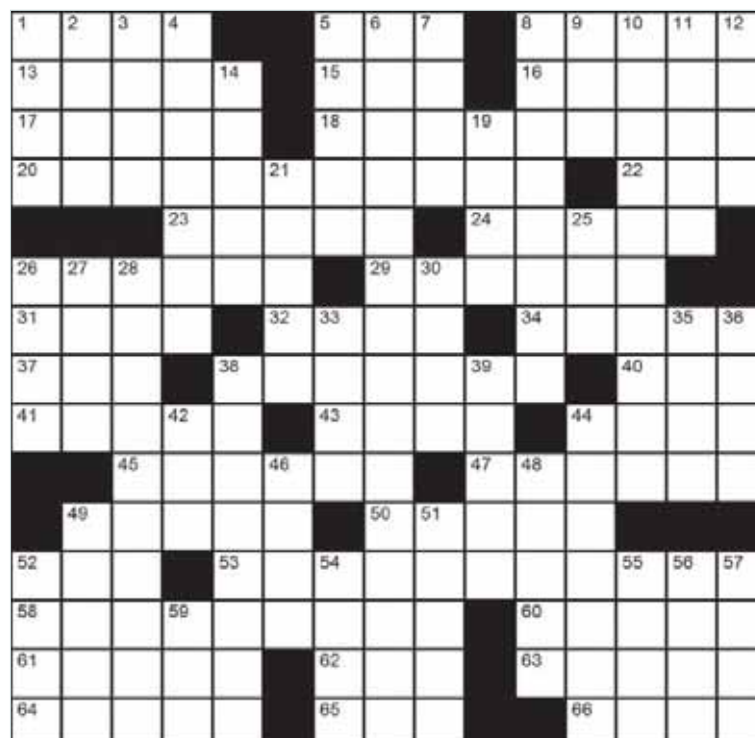
Feb. 20 - March 20

It may be tempting to confront someone giving you a hard time but the planets warn you should leave it until later in the week.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Daredevil Mr. Wal-lenda's
5. Mudbath locale
8. Type of religious belief
13. Conform
15. Not him
16. Swedish actress Ms. Stevens
17. "I Believe ____" by Kylie Minogue
18. Canuck family tree series, "____ in the Attic"
20. Visit to the hair salon reason: 2 wds.
22. Mints brand, ____ tac
23. Deafening, WWI-era novel by Canadian author Frances ____
24. Dance style
26. Non-____ organiza-tion
29. Ray of "Good-Fellas" (1990)
31. Gem type
32. ____ Village, in Hamilton
34. Celebrity roast host
37. UK award since 1917
38. Land bridge
40. ms. lang's
41. "Tearin' Up My Heart" quintet
43. Carpentry tool
44. Vocationally vacate
45. Wobble
47. ____ up, as cars



49. Irritate
50. Verse, to Baude-laire
52. Previously, to Shakespeare
53. ____ de Montreal (Montreal bug museum)
58. New Brunswick port on Chaleur Bay

60. Actress Lisa
61. Internet com-merce, ____
62. Pastureland
63. E.C. ____ (Popeye creator)
64. 1989 for Taylor Swift = ____
65. Vase
66. Prairie prov.

Down

1. Depilatory brand
2. "____ idea." (Really?)
3. Send to the boxing canvas
4. Internet music service
5. Mr. Cassidy (1970s heartthrob)

6. Classroom tool: 2 wds.
7. ____ enemies
8. Disagreements
9. 'Persist' suffix
10. "Knocked me down and ____" - Red Rider, "Human Race"
11. Opera ____ (Opera

- style that is serious)
12. ____ "Happy Days" mom
14. "____ Frutti" by Little Richard
19. Overseas currency
21. Promises
25. Valerie Harper co-star ...her monogram
26. Me, she or him [abbr.]
27. Wipes
28. One way to be a good Canadian: 3 wds.
30. Doctrines
33. Raison d'____
35. Actress Ms. McClurg
36. Approximated, for short
38. Canadian Rockies sight in Alberta, Columbia ____
39. Disconcerted
42. PBS funding org.
44. Questions
46. Oversee
48. Mr. Epps'
49. Where Minos was king
51. Liner's lieu
52. Mr. Scrooge, to pals
54. "Star Trek" character
55. "Young Frankenstein" (1974) role
56. Irish actress Ms. O'Connor's
57. Gospel guy
59. Driver's proof, e.g.

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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